



FALL PROGRAM GUIDE



It's all right here!

**Montgomery
Parks**
M-N-C-P-P-C

From the Chairman



THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION
Office of the Chairman, Montgomery County Planning Board



Fall 2005

Dear Montgomery County Resident:

There's no doubt that exceptional recreational programs and clean, safe neighborhood parks contribute to our collective quality of life in Montgomery County.

Did you know we have more than 32,000 acres of land in nearly 400 county parks?

The Maryland-National Capital Park and Planning Commission will be joining with the Montgomery County Department of Recreation to bring you a comprehensive guide highlighting hundreds of exciting recreational programs and activities for you and your family to enjoy throughout our superior park system.

Look through the parks program section to find out more information about a host of programs for children, adults and seniors.

Check out our public gardens, play a round of golf, register for a tennis or ice-skating class, visit a nature center, or simply take a walk in one of our many local parks. There are hundreds of ways to relax and enjoy time with family and friends.

We invite you take advantage of all the recreational programs enclosed. Just flip the pages to find out more!

Sincerely,

A handwritten signature in black ink that reads "Derick P. Berlage".

Derick P. Berlage
Chairman

The Maryland-National Capital Park and Planning Commission

Montgomery County Planning Board, 8787 Georgia Avenue, Silver Spring, Maryland 20910
Phone: (301) 495-4605, Fax: (301) 495-1320, E-mail: mcp-chairman@mncppc-mc.org, www.mncppc-mc.org

Check Out What's in Your Backyard!

Black Hill Boats

Black Hill Regional Park, 20920 Lake Ridge Drive, Boyds, MD 20841 | 301-972-6157 | www.blackhillboats.com

Black Hill Nature Center

Black Hill Regional Park, 20926 Lake Ridge Drive, Boyds, MD 20841 | 301-916-0220 | fax: 301-515-9520
www.blackhillnature.org

Brookside Gardens

Wheaton Regional Park, 1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1400 | fax: 301-962-7878
www.brooksidegardens.org



Brookside Nature Center

Wheaton Regional Park, 1400 Glenallan Avenue, Wheaton, MD 20902 | 301-946-9071
fax: 301-962-8476 | www.brooksidenature.org

Cabin John Ice Rink

Cabin John Regional Park, 10610 Westlake Drive, Rockville, MD 20852 | 301-365-2246 | fax: 301-469-6196
www.cabinjohnice.com

Cabin John Tennis

Cabin John Regional Park, 7801 Democracy Boulevard, Bethesda, MD 20817 | 301-469-7300
fax: 301-365-7527 | www.cabinjohnntennis.com



Cabin John Miniature Train

Cabin John Regional Park, 7400 Tuckerman Lane, Rockville, MD 20852 | 301-469-7835
www.cabinjohntrain.com

Lake Needwood Boats

Rock Creek Regional Park, 6700 Needwood Road, Rockville, MD 20855 | 301-948-0501
www.lakeneedwoodboats.com

Little Bennett Campground

Little Bennett Regional Park, 23701 Frederick Road, Clarksburg, MD 20871 | 301-972-9222
www.littlebennettcampground.com

Little Bennett Golf Course

Little Bennett Regional Park, 25900 Prescott Road, Clarksburg, MD 20871 | 301-253-1515
www.littlebennettgolf.com

Locust Grove Nature Center

Cabin John Regional Park, 7777 Democracy Boulevard, Bethesda, Maryland 20817 | 301-299-1990
fax: 301-469-0759 | www.locustgrovenature.org

Lodge at Little Seneca

14500-A Clopper Road, Boyds, Maryland 20841
301-299-5026 | www.lodgeatseneca.com

Meadowside Nature Center

Rock Creek Regional Park, 5100 Meadows Lane, Rockville, MD 20855 | 301-924-4141
fax: 301-924-1034 | www.meadowsidenature.org

Needwood Golf Course

Rock Creek Regional Park, 6724 Needwood Road, Rockville, MD 20855
301-948-1075 | www.needwoodgolf.com

Northwest Park Golf Course

15701 Layhill Road, Wheaton, MD 20906
301-598-6100
www.northwestparkgolf.com



Rockwood Manor

11001 MacArthur Boulevard, Potomac, MD 20854
301-299-5026 | www.rockwoodmanor.com

Sligo Creek Golf Course

9701 Sligo Creek Parkway, Silver Spring, MD 20901
301-585-6006 | www.sligogolf.com

South Germantown Splash Park and Mini-Golf

South Germantown Recreational Park, 18056 Central Park Circle, Boyds, MD 20841 | 301-601-3580
www.sgermantownsplashandgolf.com



Wheaton Ice Arena and In-Line Rink

Wheaton Regional Park, 11717 Orebaugh Avenue, Wheaton, MD 20902
301-649-2250 (recording) | 301-649-3640
fax: 301-649-2424
www.wheatonicearena.com

Wheaton Tennis

Wheaton Regional Park, 11715 Orebaugh Avenue, Wheaton, MD 20902
301-649-4049 | fax: 301-649-1576
www.wheatontennis.com

Wheaton Miniature Train and Carousel

Wheaton Regional Park, 2002 Shorefield Rd., Wheaton, MD 20902 | 301-942-6703
www.wheatontrainandcarousel.com

Woodlawn Manor

16501 Norwood Road, Sandy Spring, Maryland 20860
301-299-5026
www.woodlawnmanor.com



■ A ParkPASS facility. Open a ParkPASS account to register online for activities and programs at these locations. More information on page 86.



Brookside Gardens

www.brooksidegardens.org

Brookside Gardens

Fall Lecture Series

Sponsored by the Friends of Brookside Gardens

The Last Hurrah! Gardening in the Fall

Stephanie Cohen, Temple University
Friday, September 16
10am -11:30am COURSE #2447

The Best Perennial Plants of Yesterday, Today and Tomorrow

David Culp, Sunny Border Nurseries
Friday, September 30
10am -11:30am COURSE #3346

The Beauty Of Bark

Diane Lewis, Brookside Gardens Staff
Friday, October 21
10am -11:30am COURSE #3347

Native Plants for Diverse Landscapes

Rick Lewandowski, Mt. Cuba Center
Friday, November 4
10am -11am COURSE #3348

Versatile Viburnums

Phil Normandy, Brookside Gardens Staff
Friday, November 18
10am -11:30am COURSE # 3349

New & Underutilized Trees for the Urban Landscape

Nina Bassuk, Urban Horticulture Institute
Cornell University
Friday, December 2
10am -11:00am COURSE #3350

Fee: Each lecture is free for members of Friends of Brookside Gardens, \$5 per lecture for nonmembers, registration required. All lectures in the Visitors Center Auditorium.



Garden of Lights

Bundle up for an outdoor winter walk that electrifies the landscape with over 650,000 twinkling lights. The creative spirit of Brookside Gardens shines through in original artforms of colorful flowers in bloom, imaginative animals, and dazzling fountains, all celebrating a festive, secular holiday display. Refreshments and music each night in the Visitors Center.

Dates:

November 2005: 19, 20, 25, 26, 27
December 2005: 1,2,3,4,7,8,9,10,
11,14,15,16,17,18,19,20,21,22,23,
26,27,28,29,30
January 2006: 1,2,3,4,5,6,7,8

Hours:

5:30-9:00pm, last car admitted at 8:30pm

Admission:

\$15 per car. Cash only at entrance.

Garden of Lights Hotline:
301-962-1453



Programs for Children

Garden Enchantment: A Day for Children

Saturday, September 17
11am-4pm Free



Have fun learning about plants while engaging in exciting hand-on activities in the garden! Activities include: A special appearance by the Garden Fairy, performance by Flumpa the Frog, a children's

labyrinth walk, meet fairy friends, listen to stories in a leafy retreat, solve fragrant mysteries, and make your own butterfly.

Saturday Morning Storytime

Saturdays, October 1-December 10
10am-10:30am and 10:30am-11am

Free: ages 3-6, registration required
Visitors Center Children's Classroom

Flower Buds

Features stories, crafts and garden walks for children ages 3-5 with an adult on the second Monday of each month from 10:30am-11:30am

Monday, Sept. 12	COURSE #5080
Monday, Oct. 10	COURSE #5081
Monday, Nov. 14	COURSE #5083

Fee: \$2 per child per course (adult free); ages 3-5, registration required
Visitors Center Children's Classroom

Pumpkin & Gourd Turkey Centerpiece

Create a cute turkey centerpiece using gourds, corn husks, chili peppers, cloves and orange rinds.

Thursday, November 17
4pm-5:30pm COURSE #5033

Fee: \$6; ages 6-9, registration required
Visitors Center Children's Classroom

Holiday Potpourri Package

Bring your own empty 2-litre plastic bottle, then fill with gardening gifts you make.

Thursday, December 15
4pm-5:30pm COURSE #5058

Fee: \$6; ages 6-9, registration required
Visitors Center Children's Classroom



School of Botanical Art & Illustration

The Brookside Gardens School of Botanical Art & Illustration provides drawing and painting classes at beginning, intermediate, and advanced levels. All classes are located at McCrillis Gardens.

*This class is for students that have successfully completed the prerequisites. Registration must be done through the mail or in person at Brookside Gardens.

Start Drawing/Painting

Take the mystery out of how to draw and obtain useful information about art supplies required for the school's main materials list. Learn the basics to get you started and have some fun along the way!

4296	18yrs&up 3 Classes	\$126	9/7	W,Sa	10:00am-1:00pm
4297	18yrs&up 3 Classes	\$126	9/7	W,Sa	6:00pm-9:00pm

Drawing 101

Learn how to 'see' and draw through a developing awareness of line, shape, space, and relationship.

3896	18yrs&up 4 Classes	\$203	10/4	Tu	10:00am-1:30pm
4052	18yrs&up 4 Classes	\$203	10/5	W	1:00pm-4:30pm
4053	18yrs&up 4 Classes	\$203	10/5	W	6:00pm-9:30pm
4054	18yrs&up 2 Classes	\$203	10/15Sa		9:00am-4:30pm

*Drawing 102

Careful observation and accurate pencil drawing, a vital component of botanical art, are the focus of this class. Prerequisite: Drawing 101

4055	18yrs&up 4 Classes	\$203	11/8	Tu	10:00am-1:30pm
4057	18yrs&up 4 Classes	\$203	11/9	W	1:00pm-4:30pm
4058	18yrs&up 4 Classes	\$203	11/9	W	6:00pm-9:30pm
4059	18yrs&up 2 Classes	\$203	11/19Sa		9:00am-4:30pm

*Painting 205

Exploring Creative Techniques: Instruction continues in color theory, color mixing, and application including some novel techniques. Prerequisites: Drawing 101, 102, Painting 103, Dimensional Study 204.

118	18yrs&up 4 Classes	\$203	9/6	Tu	9:00am-12:30pm
119	18yrs&up 4 Classes	\$203	9/6	Tu	6:00pm-9:30pm

*Drawing 309

In this advanced level subject, students work in the medium of graphite pencil to create works of exquisite detail. Prerequisite: Drawing 101, 102, Painting 103, Dimensional Study 204, Painting 205, Botany 307, Field Sketching 308.

3998	18yrs&up 4 Classes	\$203	11/10	Th	6:00pm-9:30pm
4096	18yrs&up 4 Classes	\$203	11/10	Th	10:00am-1:30pm
3997	18yrs&up 2 Classes	\$203	12/3	Sa	9:30am-4:30pm

*Botanical Art Intensive 206

Instruction provides a revision of intermediate level skills. Classes focus on a work in progress- please bring all reference material and a fully completed drawing as well as compositional options. Prerequisites: Drawing 101, 102, Painting 103, Dimensional Study 204, Painting 205.

4312	18yrs&up 3 Classes	\$180	11/11	F-Su	9:00am-4:00pm
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Botany for Botanical Artists 307

Learn about plant structure to increase the level of botanical knowledge in order to create botanically accurate illustrations.

3946	18yrs&up 4 Classes	\$203	9/8	Th	1:00pm-4:30pm
3947	18yrs&up 2 Classes	\$203	9/10	Sa	9:00am-4:30pm

Botanical Painting Studio

Informal classes in botanical painting are open to all with fine drawing ability.

4335	18yrs&up 4 Classes	\$123	10/11	Tu	6:30pm-9:00pm
4336	18yrs&up 4 Classes	\$123	10/12	W	9:30am-12:00pm
4337	18yrs&up 4 Classes	\$123	11/15	Tu	6:30pm-9:00pm
4338	18yrs&up 4 Classes	\$123	11/16	W	9:30am-12:00pm

*Field Sketching

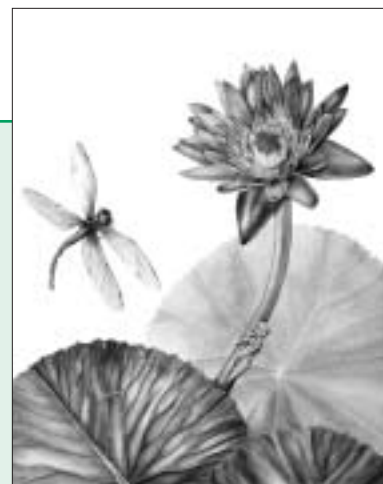
Create a field sketch page, which is a definitive study piece with observational sketches, written notes and color references, vital for creating your final botanical art piece. Students will work in the studio or outdoors.

3948	18yrs&up 4 Classes	\$203	10/6	Th	10:00am-1:30pm
3949	18yrs&up 2 Classes	\$203	10/16	Su	9:00am-4:30pm

Painting Butterflies & Bugs

Join Mindy Lighthipe, natural science illustrator and botanical artist for three days of instruction covering insect anatomy, setting (supplied) specimens for drawing, painting, or color pencil.

4343	18yrs&up 1 Class	\$270	9/30	F	10:00am-4:00pm
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Instruction Programs for All Ages at Our Premier Courses

"If all municipal golf courses were this good, maybe there wouldn't have been such a need for the private sector to step in."

— WASHINGTON GOLF MONTHLY APRIL 2004



Located in the foothills of Sugarloaf Mountain in Little Bennett Regional Park, this championship 18-hole par 72 course boasts pristine conditions and superb playing.

Little Bennett Golf Course

25900 Prescott Road, Clarksburg, MD 20871 | 301-253-1515

www.littlebennettgolf.com

- Private and group lessons available with PGA Pro Bobby Ashton
- On-course playing lessons to improve your game

- Real grass driving range with 50 stations
- Large short game area for chipping, pitching and sand practice
- PGA tour qualifier course for the Booz Allen Classic
- Spacious clubhouse with an expansive terrace overlooking the golf course
- Well-stocked pro-shop with custom fitting and repair services

Northwest Park Golf Course

15701 Layhill Road, Wheaton, MD 20906 | 301-598-6100

www.northwestparkgolf.com

- Private, group and couples lessons available with PGA Pro Kent Keith
- Summer Junior golf schools available for children of all ages
- Driving range, short game facility and golf course access for lessons
- Host site for 2005 US Kids Golf State Championship
- Long yet easy to walk 27-hole course

Located in Northwest Branch Regional Park, this course was chosen by Washington Golf Monthly as one of the "100 Must-Play Courses of the Mid-Atlantic."



Needwood Golf Course

6724 Needwood Road, Rockville, MD 20855 | 301-948-1075
www.needwoodgolf.com

- Private, semi-private and group lessons available with PGA Pro John Bohlmann
- Junior golf camps available for children 8-16
- Host site for 2006 US Kids Golf State Championship
- On-course playing lessons to improve your game

- Executive Nine perfect for players of all levels
- Club repair and custom fitting services



Conveniently located in Rockville in Rock Creek Regional Park, this well-conditioned course is perfect for players of all levels

Sligo Creek Golf Course

9701 Sligo Creek Pkwy., Silver Spring, MD 20901 | 301-585-6006

www.sligogolf.com

- Conveniently located near downtown DC, just off the Capital Beltway
- Fun and challenging nine-hole course
- Great after work destination
- Clubhouse Grill offers indoor and outdoor seating

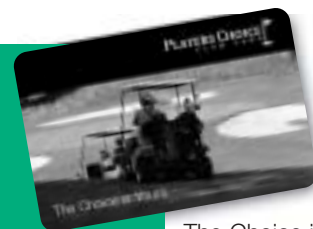
Conveniently located just off the Beltway, Sligo Creek is a perfect after work destination.



PLAYERS CHOICE
CLUB CARD

Join our Players Choice Club Card program and earn points redeemable for free rounds of golf any day, any time, at any of our courses.

Visit www.mncppc.org/golf to learn more!



The Choice is Yours.

Ice Skating

Ice skating and hockey lessons for all ages and abilities are offered at Cabin John Ice Rink and Wheaton Ice Arena. Course fees include either six 30-minute lessons or six 45-minute lessons. All lessons include a card for six practice sessions to be used during any public skating session, and the use of rental skates for both lessons and practices. Practice cards are valid only during the six-week lesson period until the start of the next lesson period. Practice cards are non-transferable, non-refundable, and lost cards will not be replaced.

Please read all course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. There are no make-ups or refunds for missed classes.

A second series of lessons begins the week of October 29. Although not shown in this brochure, they may be viewed on our website. Registration for this series is October 21-26. Registrations after October 26 must be done in person at the facility and a late registration fee may apply.

Registrations are accepted in person, by mailing or faxing the registration form to the facility, by phone via our IVR system (301-962-1477), or by internet (www.parkpass.org). See registration form on page 87. Sign up early to ensure best availability.

Registration begins August 15. No registrations will be processed prior to this date. Registration ends August 29. Registrations after August 29 must be done in person at the facility and a late registration fee may apply.

Tots

The Tots curriculum is designed for children ages 3-4 that would like to gain skating experience. Covers falling down and getting up, marching, swizzles, two-foot glides and snowplow stops.

Tots 1

Cabin John Ice Rink

4466	3-4yrs	6 Classes	\$81	9/6	Tu	9:30am-10:00am
4468	3-4yrs	6 Classes	\$81	9/6	Tu	2:30pm-3:00pm
4469	3-4yrs	6 Classes	\$81	9/7	W	10:30am-11:00am
4470	3-4yrs	6 Classes	\$81	9/7	W	4:30pm-5:00pm
4471	3-4yrs	6 Classes	\$81	9/8	Th	10:30am-11:00am
4472	3-4yrs	6 Classes	\$81	9/9	F	1:30pm-2:00pm
4473	3-4yrs	6 Classes	\$81	9/10	Sa	10:30am-11:00am
4474	3-4yrs	6 Classes	\$81	9/10	Sa	1:15pm-1:45pm
4475	3-4yrs	6 Classes	\$81	9/11	Su	11:30am-12:00pm
4476	3-4yrs	6 Classes	\$81	9/11	Su	1:30pm-2:00pm
6146	3-4yrs	6 Classes	\$81	9/12	M	4:00pm-4:30pm

Wheaton Ice Arena

5356	3-4yrs	6 Classes	\$81	9/8	Th	1:00pm-1:30pm
5358	3-4yrs	6 Classes	\$81	9/9	F	12:30pm-1:00pm
5359	3-4yrs	6 Classes	\$81	9/10	Sa	10:15am-10:45am
5360	3-4yrs	6 Classes	\$81	9/11	Su	11:30am-12:00pm
5346	3-4yrs	6 Classes	\$81	9/12	M	10:00am-10:30am
5347	3-4yrs	6 Classes	\$81	9/12	M	1:00pm-1:30pm
5348	3-4yrs	6 Classes	\$81	9/12	M	3:30pm-4:00pm
5350	3-4yrs	6 Classes	\$81	9/13	Tu	1:15pm-1:45pm
5351	3-4yrs	6 Classes	\$81	9/14	W	9:30am-10:00am
5353	3-4yrs	6 Classes	\$81	9/14	W	1:00pm-1:30pm

Tots 2

Prerequisite: Tots 1.

Cabin John Ice Rink

4478	3-4yrs	6 Classes	\$81	9/6	Tu	10:00am-10:30am
4479	3-4yrs	6 Classes	\$81	9/7	W	9:30am-10:00am
4480	3-4yrs	6 Classes	\$81	9/7	W	2:00pm-2:30pm
4481	3-4yrs	6 Classes	\$81	9/8	Th	9:30am-10:00am
4482	3-4yrs	6 Classes	\$81	9/8	Th	4:00pm-4:30pm
4483	3-4yrs	6 Classes	\$81	9/10	Sa	9:00am-9:30am
4484	3-4yrs	6 Classes	\$81	9/10	Sa	3:00pm-3:30pm
4485	3-4yrs	6 Classes	\$81	9/11	Su	2:15pm-2:45pm

Wheaton Ice Arena

5370	3-4yrs	6 Classes	\$81	9/8	Th	1:00pm-1:30pm
5372	3-4yrs	6 Classes	\$81	9/9	F	12:30pm-1:00pm
5374	3-4yrs	6 Classes	\$81	9/10	Sa	10:15am-10:45am
5376	3-4yrs	6 Classes	\$81	9/11	Su	11:30am-12:00pm
5362	3-4yrs	6 Classes	\$81	9/12	M	10:00am-10:30am
5363	3-4yrs	6 Classes	\$81	9/12	M	3:30pm-4:00pm
5365	3-4yrs	6 Classes	\$81	9/13	Tu	1:15pm-1:45pm
5367	3-4yrs	6 Classes	\$81	9/14	W	9:30am-10:00am
5368	3-4yrs	6 Classes	\$81	9/14	W	1:00pm-1:30pm

Tots 3

Prerequisite: Tots 2.

Cabin John Ice Rink

4487	3-4yrs	6 Classes	\$81	9/6	Tu	10:30am-11:00am
4488	3-4yrs	6 Classes	\$81	9/7	W	10:00am-10:30am
4489	3-4yrs	6 Classes	\$81	9/7	W	4:00pm-4:30pm
4490	3-4yrs	6 Classes	\$81	9/8	Th	9:30am-10:00am
4491	3-4yrs	6 Classes	\$81	9/9	F	3:00pm-3:30pm
4492	3-4yrs	6 Classes	\$81	9/10	Sa	10:00am-10:30am
4493	3-4yrs	6 Classes	\$81	9/11	Su	12:00pm-12:30pm

Wheaton Ice Arena

5379	3-4yrs	6 Classes	\$81	9/10	Sa	10:15am-10:30am
5380	3-4yrs	6 Classes	\$81	9/11	Su	10:30am-11:00am
5377	3-4yrs	6 Classes	\$81	9/12	M	10:30am-11:00am
5378	3-4yrs	6 Classes	\$81	9/12	M	3:30pm-4:00pm

Online Registration Recommended

Get your family account set up early to ensure you have your account information and PIN prior to the registration date.

Lease an hour of ice time for your party, practices, or school groups. Call the facility for more information.





Tots 4

Prerequisite: Tots 3.

Cabin John Ice Rink

4494	3-4yrs	6 Classes	\$81	9/6	Tu	11:00am-11:30am
4495	3-4yrs	6 Classes	\$81	9/8	Th	10:00am-10:30am
4496	3-4yrs	6 Classes	\$81	9/10	Sa	9:00am-9:30am

Wheaton Ice Arena

5384	3-4yrs	6 Classes	\$81	9/10	Sa	10:15am-10:45am
5386	3-4yrs	6 Classes	\$81	9/11	Su	10:30am-11:00am
5381	3-4yrs	6 Classes	\$81	9/12	M	10:30am-11:00am
5383	3-4yrs	6 Classes	\$81	9/12	M	3:30pm-4:00pm

Parent and Tot

This class will focus on introducing beginning skating skills to toddlers ages 3-4. Parents will participate in on-ice activities with their child. This class is recommended for those children who would like the extra support of mom or dad. Please register both parent and child. Course fee is \$40.50 each for parent and child.

Cabin John Ice Rink

4500	3yrs&up	6 Classes	\$81	9/6	Tu	9:30am-10:00am
4501	3yrs&up	6 Classes	\$81	9/10	Sa	9:00am-9:30am
4503	3yrs&up	6 Classes	\$81	9/11	Su	1:30pm-2:00pm

Pre-Alpha

This class is designed for beginners or those with minimal ice skating experience. Participants will learn how to fall down and get up, march, glide on two feet and properly tie and fit skates.

Pre-Alpha Preschool

Cabin John Ice Rink

4508	4-6yrs	6 Classes	\$81	9/6	Tu	10:00am-10:30am
4509	4-6yrs	6 Classes	\$81	9/6	Tu	2:00pm-2:30pm
4510	4-6yrs	6 Classes	\$81	9/6	Tu	4:30pm-5:00pm
4511	4-6yrs	6 Classes	\$81	9/7	W	9:30am-10:00am
4512	4-6yrs	6 Classes	\$81	9/7	W	1:00pm-1:30pm
4513	4-6yrs	6 Classes	\$81	9/7	W	5:00pm-5:30pm
4514	4-6yrs	6 Classes	\$81	9/8	Th	10:00am-10:30am
4515	4-6yrs	6 Classes	\$81	9/8	Th	1:30pm-2:00pm
4516	4-6yrs	6 Classes	\$81	9/8	Th	4:30pm-5:00pm
4517	4-6yrs	6 Classes	\$81	9/9	F	1:00pm-1:30pm
4518	4-6yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
4519	4-6yrs	6 Classes	\$81	9/9	F	5:30pm-6:00pm
4520	4-6yrs	6 Classes	\$81	9/10	Sa	9:30am-10:00am
4521	4-6yrs	6 Classes	\$81	9/10	Sa	11:45am-12:15pm
4522	4-6yrs	6 Classes	\$81	9/10	Sa	1:15pm-1:45pm
4523	4-6yrs	6 Classes	\$81	9/10	Sa	3:30pm-4:00pm
4524	4-6yrs	6 Classes	\$81	9/11	Su	12:00pm-12:30pm
4525	4-6yrs	6 Classes	\$81	9/11	Su	2:15pm-2:45pm
4526	4-6yrs	6 Classes	\$81	9/11	Su	3:45pm-4:15pm
4505	4-6yrs	6 Classes	\$81	9/12	M	1:00pm-1:30pm
4506	4-6yrs	6 Classes	\$81	9/12	M	4:30pm-5:00pm
4507	4-6yrs	6 Classes	\$81	9/12	M	5:30pm-6:00pm

Wheaton Ice Arena

5389	4-6yrs	6 Classes	\$81	9/8	Th	1:00pm-1:30pm
5390	4-6yrs	6 Classes	\$81	9/8	Th	3:45pm-4:15pm
5392	4-6yrs	6 Classes	\$81	9/8	Th	5:00pm-5:30pm
5395	4-6yrs	6 Classes	\$81	9/9	F	5:15pm-5:45pm

5397	4-6yrs	6 Classes	\$81	9/10	Sa	10:15am-10:45am
5398	4-6yrs	6 Classes	\$81	9/10	Sa	4:30pm-5:00pm
5401	4-6yrs	6 Classes	\$81	9/11	Su	10:30am-11:00am
5402	4-6yrs	6 Classes	\$81	9/11	Su	12:15pm-12:45pm
5382	4-6yrs	6 Classes	\$81	9/12	M	1:00pm-1:30pm
5385	4-6yrs	6 Classes	\$81	9/12	M	4:00pm-4:30pm
5387	4-6yrs	6 Classes	\$81	9/13	Tu	1:45pm-2:15pm
5388	4-6yrs	6 Classes	\$81	9/14	W	4:00pm-4:30pm

Pre-Alpha Youth

Cabin John Ice Rink

4530	7-12yrs	6 Classes	\$81	9/6	Tu	4:00pm-4:30pm
4531	7-12yrs	6 Classes	\$81	9/7	W	5:30pm-6:00pm
4532	7-12yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
4533	7-12yrs	6 Classes	\$81	9/10	Sa	9:00am-9:30am
4534	7-12yrs	6 Classes	\$81	9/10	Sa	11:00am-11:30am
4535	7-12yrs	6 Classes	\$81	9/10	Sa	3:00pm-3:30pm
4536	7-12yrs	6 Classes	\$81	9/11	Su	11:30am-12:00pm
4537	7-12yrs	6 Classes	\$81	9/11	Su	2:45pm-3:15pm
4529	7-12yrs	6 Classes	\$81	9/12	M	5:00pm-5:30pm

Wheaton Ice Arena

5355	6-12yrs	6 Classes	\$81	9/8	Th	4:15pm-4:45pm
5357	6-12yrs	6 Classes	\$81	9/8	Th	5:00pm-5:30pm
5361	6-12yrs	6 Classes	\$81	9/9	F	5:15pm-5:45pm
5364	6-12yrs	6 Classes	\$81	9/10	Sa	10:15am-10:45am
5366	6-12yrs	6 Classes	\$81	9/10	Sa	11:30am-12:00pm
5369	6-12yrs	6 Classes	\$81	9/10	Sa	4:30pm-5:00pm
5371	6-12yrs	6 Classes	\$81	9/11	Su	10:30am-11:00am
5373	6-12yrs	6 Classes	\$81	9/11	Su	12:15pm-12:45pm
5375	6-12yrs	6 Classes	\$81	9/11	Su	3:00pm-3:30pm
5349	6-12yrs	6 Classes	\$81	9/12	M	3:30pm-4:00pm
5352	6-12yrs	6 Classes	\$81	9/12	M	4:00pm-4:30pm
5354	6-12yrs	6 Classes	\$81	9/14	W	4:00pm-4:30pm

Pre-Alpha Teen

Cabin John Ice Rink

4538	13-17yrs	6 Classes	\$81	9/6	Tu	7:00pm-7:30pm
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Wheaton Ice Arena

5467	11-17yrs	6 Classes	\$81	9/10	Sa	10:45am-11:15am
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Pre-Alpha Adult

Cabin John Ice Rink

4541	18yrs&up	6 Classes	\$81	9/8	Th	7:45pm-8:15pm
4542	18yrs&up	6 Classes	\$81	9/10	Sa	8:30am-9:00am
4540	18yrs&up	6 Classes	\$81	9/12	M	12:30pm-1:00pm

Wheaton Ice Arena

5470	18yrs&up	6 Classes	\$81	9/10	Sa	10:15am-10:45am
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Visit our well stocked pro shops for skates, equipment, and apparel for both hockey and figure skaters.

Pre-Alpha Plus

Participants will learn two and one foot glides, forward swizzles and backward swizzles.
Prerequisite: Pre-Alpha.



Pre-Alpha Plus Preschool

Cabin John Ice Rink

4558	4-6yrs	6 Classes	\$81	9/6	Tu	10:30am-11:00am
4559	4-6yrs	6 Classes	\$81	9/6	Tu	1:30pm-2:00pm
4560	4-6yrs	6 Classes	\$81	9/6	Tu	5:15pm-5:45pm
4561	4-6yrs	6 Classes	\$81	9/7	W	10:30am-11:00am
4562	4-6yrs	6 Classes	\$81	9/7	W	2:00pm-2:30pm
4563	4-6yrs	6 Classes	\$81	9/7	W	4:30pm-5:00pm
4564	4-6yrs	6 Classes	\$81	9/8	Th	10:30am-11:00am
4565	4-6yrs	6 Classes	\$81	9/8	Th	6:15pm-6:45pm
4566	4-6yrs	6 Classes	\$81	9/9	F	2:30pm-3:00pm
4567	4-6yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
4568	4-6yrs	6 Classes	\$81	9/10	Sa	9:30am-10:00am
4569	4-6yrs	6 Classes	\$81	9/10	Sa	11:00am-11:30am
4570	4-6yrs	6 Classes	\$81	9/10	Sa	12:45pm-1:15pm
4571	4-6yrs	6 Classes	\$81	9/10	Sa	4:00pm-4:30pm
4572	4-6yrs	6 Classes	\$81	9/11	Su	1:00pm-1:30pm
4573	4-6yrs	6 Classes	\$81	9/11	Su	3:15pm-3:45pm
4556	4-6yrs	6 Classes	\$81	9/12	M	2:00pm-2:30pm
4557	4-6yrs	6 Classes	\$81	9/12	M	4:00pm-4:30pm

Wheaton Ice Arena

5411	4-6yrs	6 Classes	\$81	9/8	Th	4:15pm-4:45pm
5413	4-6yrs	6 Classes	\$81	9/8	Th	5:30pm-6:00pm
5415	4-6yrs	6 Classes	\$81	9/8	Th	6:15pm-6:45pm
5417	4-6yrs	6 Classes	\$81	9/9	F	1:00pm-1:30pm
5420	4-6yrs	6 Classes	\$81	9/9	F	5:15pm-5:45pm
5421	4-6yrs	6 Classes	\$81	9/10	Sa	10:45am-11:15am
5422	4-6yrs	6 Classes	\$81	9/10	Sa	4:30pm-5:00pm
5423	4-6yrs	6 Classes	\$81	9/11	Su	10:30am-11:00am
5424	4-6yrs	6 Classes	\$81	9/11	Su	2:30pm-3:00pm
5405	4-6yrs	6 Classes	\$81	9/12	M	4:00pm-4:30pm
5407	4-6yrs	6 Classes	\$81	9/13	Tu	1:45pm-2:15pm
5409	4-6yrs	6 Classes	\$81	9/14	W	4:00pm-4:30pm

Party Room Rentals

Have your child's next birthday party at Cabin John Ice Rink or Wheaton Ice Arena. Both rinks have rooms available for small to medium sized parties. Party packages are available at Wheaton Ice Arena.

Pre-Alpha Plus Youth

Cabin John Ice Rink

4575	7-12yrs	6 Classes	\$81	9/6	Tu	4:30pm-5:00pm
4576	7-12yrs	6 Classes	\$81	9/7	W	5:00pm-5:30pm
4577	7-12yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
4578	7-12yrs	6 Classes	\$81	9/9	F	5:30pm-6:00pm
4579	7-12yrs	6 Classes	\$81	9/10	Sa	9:30am-10:00am
4580	7-12yrs	6 Classes	\$81	9/10	Sa	12:45pm-1:15pm
4581	7-12yrs	6 Classes	\$81	9/10	Sa	3:30pm-4:00pm
4582	7-12yrs	6 Classes	\$81	9/11	Su	12:00pm-12:30pm
4583	7-12yrs	6 Classes	\$81	9/11	Su	3:15pm-3:45pm
4574	7-12yrs	6 Classes	\$81	9/12	M	5:00pm-5:30pm

Wheaton Ice Arena

5440	6-12yrs	6 Classes	\$81	9/8	Th	4:15pm-4:45pm
5442	6-12yrs	6 Classes	\$81	9/8	Th	6:15pm-6:45pm
5445	6-12yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
5448	6-12yrs	6 Classes	\$81	9/9	F	5:15pm-5:45pm
5450	6-12yrs	6 Classes	\$81	9/10	Sa	10:45am-11:15am
5451	6-12yrs	6 Classes	\$81	9/10	Sa	11:30am-12:00pm
5452	6-12yrs	6 Classes	\$81	9/10	Sa	4:30pm-5:00pm
5454	6-12yrs	6 Classes	\$81	9/11	Su	10:30am-11:00am
5456	6-12yrs	6 Classes	\$81	9/11	Su	2:30pm-3:00pm
5435	6-12yrs	6 Classes	\$81	9/12	M	4:00pm-4:30pm
5438	6-12yrs	6 Classes	\$81	9/14	W	4:45pm-5:15pm
5436	6-12yrs	6 Classes	\$81	9/14	W	4:00pm-4:30pm

Pre-Alpha Plus Teen

Cabin John Ice Rink

4584	13-17yrs	6 Classes	\$81	9/6	Tu	7:00pm-7:30pm
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Wheaton Ice Arena

5459	11-17yrs	6 Classes	\$81	9/10	Sa	10:45am-11:15am
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Pre-Alpha Plus Adult

Cabin John Ice Rink

4586	18yrs&up	6 Classes	\$81	9/8	Th	7:45pm-8:15pm
4587	18yrs&up	6 Classes	\$81	9/10	Sa	8:30am-9:00am
4585	18yrs&up	6 Classes	\$81	9/12	M	12:30pm-1:00pm

Wheaton Ice Arena

5462	18yrs&up	6 Classes	\$81	9/10	Sa	10:15am-10:45am
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Alpha

This class will cover proper forward stroking, forward crossovers and snowplow stops.
Prerequisite: Pre-Alpha Plus.

Alpha Preschool

Cabin John Ice Rink

4590	4-6yrs	6 Classes	\$81	9/6	Tu	5:45pm-6:15pm
4591	4-6yrs	6 Classes	\$81	9/7	W	4:00pm-4:30pm
4592	4-6yrs	6 Classes	\$81	9/7	W	5:30pm-6:00pm
4593	4-6yrs	6 Classes	\$81	9/8	Th	2:00pm-2:30pm
4594	4-6yrs	6 Classes	\$81	9/8	Th	4:00pm-4:30pm
4595	4-6yrs	6 Classes	\$81	9/9	F	1:00pm-1:30pm
4596	4-6yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
4597	4-6yrs	6 Classes	\$81	9/10	Sa	9:30am-10:00am
4598	4-6yrs	6 Classes	\$81	9/10	Sa	11:00am-11:30am
4599	4-6yrs	6 Classes	\$81	9/10	Sa	3:00pm-3:30pm
4600	4-6yrs	6 Classes	\$81	9/11	Su	12:30pm-1:00pm
4601	4-6yrs	6 Classes	\$81	9/11	Su	2:45pm-3:15pm
4588	4-6yrs	6 Classes	\$81	9/12	M	1:00pm-1:30pm
4589	4-6yrs	6 Classes	\$81	9/12	M	5:00pm-5:30pm



**Wheaton Ice Arena**

5408	4-6yrs	6 Classes	\$81	9/8	Th	3:45pm-4:15pm
5410	4-6yrs	6 Classes	\$81	9/9	F	1:00pm-1:30pm
5412	4-6yrs	6 Classes	\$81	9/9	F	4:45pm-5:15pm
5414	4-6yrs	6 Classes	\$81	9/10	Sa	10:15am-10:45am
5416	4-6yrs	6 Classes	\$81	9/10	Sa	5:45pm-6:15pm
5418	4-6yrs	6 Classes	\$81	9/11	Su	12:15pm-12:45pm
5419	4-6yrs	6 Classes	\$81	9/11	Su	2:30pm-3:00pm
5404	4-6yrs	6 Classes	\$81	9/12	M	4:45pm-5:15pm
5406	4-6yrs	6 Classes	\$81	9/14	W	4:45pm-5:15pm

Alpha Youth**Cabin John Ice Rink**

4603	7-12yrs	6 Classes	\$81	9/6	Tu	6:15pm-6:45pm
4604	7-12yrs	6 Classes	\$81	9/7	W	4:30pm-5:00pm
4605	7-12yrs	6 Classes	\$81	9/8	Th	6:15pm-6:45pm
4606	7-12yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
4607	7-12yrs	6 Classes	\$81	9/10	Sa	9:00am-9:30am
4608	7-12yrs	6 Classes	\$81	9/10	Sa	12:15pm-12:45pm
4609	7-12yrs	6 Classes	\$81	9/10	Sa	2:00pm-2:30pm
4610	7-12yrs	6 Classes	\$81	9/11	Su	1:00pm-1:30pm
4611	7-12yrs	6 Classes	\$81	9/11	Su	3:45pm-4:15pm
4602	7-12yrs	6 Classes	\$81	9/12	M	4:00pm-4:30pm

Wheaton Ice Arena

5427	6-12yrs	6 Classes	\$81	9/8	Th	3:45pm-4:15pm
5428	6-12yrs	6 Classes	\$81	9/8	Th	5:30pm-6:00pm
5429	6-12yrs	6 Classes	\$81	9/9	F	4:45pm-5:15pm
5430	6-12yrs	6 Classes	\$81	9/10	Sa	10:15am-10:45am
5431	6-12yrs	6 Classes	\$81	9/10	Sa	11:30am-12:00pm
5432	6-12yrs	6 Classes	\$81	9/10	Sa	5:45pm-6:15pm
5433	6-12yrs	6 Classes	\$81	9/11	Su	12:15pm-12:45pm
5434	6-12yrs	6 Classes	\$81	9/11	Su	2:30pm-3:00pm
5425	6-12yrs	6 Classes	\$81	9/12	M	4:45pm-5:15pm
5426	6-12yrs	6 Classes	\$81	9/14	W	4:45pm-5:15pm

Alpha Teen**Cabin John Ice Rink**

4612	13-17yrs	6 Classes	\$81	9/6	Tu	7:30pm-8:00pm
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Wheaton Ice Arena

5471	11-17yrs	6 Classes	\$81	9/10	Sa	10:45am-11:15am
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Alpha Adult**Cabin John Ice Rink**

4614	18yrs&up	6 Classes	\$81	9/8	Th	8:15pm-8:45pm
4615	18yrs&up	6 Classes	\$81	9/10	Sa	9:00am-9:30am
4613	18yrs&up	6 Classes	\$81	9/12	M	12:00pm-12:30pm

Wheaton Ice Arena

5472	18yrs&up	6 Classes	\$81	9/10	Sa	10:15am-10:45am
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Beta

This class covers backward stroking, backward crossovers and t-stops. Forward crossovers will also be reviewed. Prerequisite: Alpha.

Beta Preschool**Cabin John Ice Rink**

4618	4-6yrs	6 Classes	\$81	9/6	Tu	4:00pm-4:30pm
4619	4-6yrs	6 Classes	\$81	9/7	W	5:00pm-5:30pm
4620	4-6yrs	6 Classes	\$81	9/8	Th	2:00pm-2:30pm
4621	4-6yrs	6 Classes	\$81	9/8	Th	5:45pm-6:15pm
4622	4-6yrs	6 Classes	\$81	9/9	F	5:00pm-5:30pm
4623	4-6yrs	6 Classes	\$81	9/10	Sa	9:00am-9:30am
4624	4-6yrs	6 Classes	\$81	9/10	Sa	11:45am-12:15pm
4625	4-6yrs	6 Classes	\$81	9/10	Sa	2:30pm-3:00pm
4626	4-6yrs	6 Classes	\$81	9/10	Sa	4:00pm-4:30pm
4627	4-6yrs	6 Classes	\$81	9/11	Su	12:30pm-1:00pm
4628	4-6yrs	6 Classes	\$81	9/11	Su	3:15pm-3:45pm
4616	4-6yrs	6 Classes	\$81	9/12	M	1:30pm-2:00pm
4617	4-6yrs	6 Classes	\$81	9/12	M	4:30pm-5:00pm

Wheaton Ice Arena

5441	4-6yrs	6 Classes	\$81	9/8	Th	5:00pm-5:30pm
5443	4-6yrs	6 Classes	\$81	9/8	Th	6:15pm-6:45pm
5444	4-6yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
5446	4-6yrs	6 Classes	\$81	9/10	Sa	10:45am-11:15am
5447	4-6yrs	6 Classes	\$81	9/10	Sa	12:00pm-12:30pm
5449	4-6yrs	6 Classes	\$81	9/10	Sa	5:00pm-5:30pm
5453	4-6yrs	6 Classes	\$81	9/11	Su	11:30am-12:00pm
5455	4-6yrs	6 Classes	\$81	9/11	Su	2:30pm-3:00pm
5437	4-6yrs	6 Classes	\$81	9/12	M	4:45pm-5:15pm
5439	4-6yrs	6 Classes	\$81	9/14	W	4:45pm-5:15pm

Beta Youth**Cabin John Ice Rink**

4630	7-12yrs	6 Classes	\$81	9/6	Tu	5:45pm-6:15pm
4631	7-12yrs	6 Classes	\$81	9/8	Th	5:45pm-6:15pm
4632	7-12yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
4633	7-12yrs	6 Classes	\$81	9/10	Sa	9:00am-9:30am
4634	7-12yrs	6 Classes	\$81	9/10	Sa	10:30am-11:00am
4635	7-12yrs	6 Classes	\$81	9/10	Sa	12:15pm-12:45pm
4636	7-12yrs	6 Classes	\$81	9/10	Sa	2:30pm-3:00pm
4637	7-12yrs	6 Classes	\$81	9/11	Su	11:30am-12:00pm
4638	7-12yrs	6 Classes	\$81	9/11	Su	1:30pm-2:00pm
4639	7-12yrs	6 Classes	\$81	9/11	Su	3:45pm-4:15pm
4629	7-12yrs	6 Classes	\$81	9/12	M	4:30pm-5:00pm

Wheaton Ice Arena

5460	6-12yrs	6 Classes	\$81	9/8	Th	5:00pm-5:30pm
5461	6-12yrs	6 Classes	\$81	9/8	Th	6:15pm-6:45pm
5463	6-12yrs	6 Classes	\$81	9/9	F	4:00pm-4:30pm
5464	6-12yrs	6 Classes	\$81	9/10	Sa	10:45am-11:15am
5465	6-12yrs	6 Classes	\$81	9/10	Sa	12:00pm-12:30pm
5466	6-12yrs	6 Classes	\$81	9/10	Sa	5:00pm-5:30pm
5468	6-12yrs	6 Classes	\$81	9/11	Su	11:30am-12:00pm
5469	6-12yrs	6 Classes	\$81	9/11	Su	2:30pm-3:00pm
5457	6-12yrs	6 Classes	\$81	9/12	M	4:45pm-5:15pm
5458	6-12yrs	6 Classes	\$81	9/14	W	4:45pm-5:15pm

Get ready for the Olympics!

Private lessons are also available. Call our rinks for more information.





Beta Teen

Cabin John Ice Rink

4640 13-17yrs 6 Classes \$81 9/6 Tu 7:30pm-8:00pm

Wheaton Ice Arena

5474 11-17yrs 6 Classes \$81 9/10 Sa 10:45am-11:15am

Beta Adult

Cabin John Ice Rink

4642 18yrs&up 6 Classes \$81 9/8 Th 8:15pm-8:45pm

4643 18yrs&up 6 Classes \$81 9/10 Sa 9:00am-9:30am

4641 18yrs&up 6 Classes \$81 9/12 M 12:00pm-12:30pm

Wheaton Ice Arena

5473 18yrs&up 6 Classes \$81 9/10 Sa 10:15am-10:45am

Gamma

Students will learn outside 3-turns, forward and backward mohawks and hockey stops. Forward and backward crossovers will also be reviewed. Prerequisite: Beta.

Gamma Preschool

Cabin John Ice Rink

4747 4-6yrs 6 Classes \$81 9/6 Tu 5:15pm-5:45pm

4748 4-6yrs 6 Classes \$81 9/10 Sa 9:30am-10:00am

Gamma Youth

Cabin John Ice Rink

4750 7-12yrs 6 Classes \$81 9/7 W 4:00pm-4:30pm

4751 7-12yrs 6 Classes \$81 9/8 Th 5:15pm-5:45pm

4752 7-12yrs 6 Classes \$81 9/9 F 4:30pm-5:00pm

4753 7-12yrs 6 Classes \$81 9/10 Sa 9:30am-10:00am

4754 7-12yrs 6 Classes \$81 9/10 Sa 2:00pm-2:30pm

4755 7-12yrs 6 Classes \$81 9/10 Sa 4:00pm-4:30pm

4757 7-12yrs 6 Classes \$81 9/11 Su 12:30pm-1:00pm

4758 7-12yrs 6 Classes \$81 9/11 Su 2:45pm-3:15pm

4749 7-12yrs 6 Classes \$81 9/12 M 5:30pm-6:00pm

Gamma Teen

Cabin John Ice Rink

4761 13-17yrs 6 Classes \$81 9/8 Th 7:15pm-7:45pm

Gamma All Ages

Wheaton Ice Arena

5483 5yrs&up 6 Classes \$81 9/8 Th 5:30pm-6:00pm

5484 5yrs&up 6 Classes \$81 9/9 F 4:00pm-4:30pm

5485 5yrs&up 6 Classes \$81 9/10 Sa 10:45am-11:15am

5486 5yrs&up 6 Classes \$81 9/10 Sa 12:00pm-12:30pm

5487 5yrs&up 6 Classes \$81 9/10 Sa 5:00pm-5:30pm

5488 5yrs&up 6 Classes \$81 9/11 Su 3:00pm-3:30pm

5482 5yrs&up 6 Classes \$81 9/14 W 5:15pm-5:45pm

Gamma Adult

Cabin John Ice Rink

4763 18yrs&up 6 Classes \$81 9/8 Th 8:45pm-9:15pm

4764 18yrs&up 6 Classes \$81 9/10 Sa 9:30am-10:00am

4762 18yrs&up 6 Classes \$81 9/12 M 11:30am-12:00pm

5496 18yrs&up 6 Classes \$81 9/10 Sa 10:15am-10:45am

Skaters should wear one pair of thin socks and skates at least 1/2 to 1 size smaller than skater's street shoes for maximum support.

Delta

Students in this class will learn forward inside 3-turns, outside and inside edges, lunge and shoot the duck. Skills in the Alpha, Beta and Gamma levels will also be reviewed. Prerequisite: Gamma.

Delta Preschool

Cabin John Ice Rink

4775 4-6yrs 6 Classes \$81 9/7 W 5:30pm-6:00pm

4776 4-6yrs 6 Classes \$81 9/10 Sa 9:30am-10:00am



Delta Youth

Cabin John Ice Rink

4779 7-12yrs 6 Classes \$81 9/6 Tu 6:15pm-6:45pm

4780 7-12yrs 6 Classes \$81 9/9 F 5:00pm-5:30pm

4781 7-12yrs 6 Classes \$81 9/10 Sa 9:30am-10:00am

4782 7-12yrs 6 Classes \$81 9/10 Sa 12:45pm-1:15pm

4783 7-12yrs 6 Classes \$81 9/10 Sa 3:30pm-4:00pm

4784 7-12yrs 6 Classes \$81 9/11 Su 1:00pm-1:30pm

4785 7-12yrs 6 Classes \$81 9/11 Su 4:15pm-4:45pm

4778 7-12yrs 6 Classes \$81 9/12 M 5:30pm-6:00pm

Delta Teen

Cabin John Ice Rink

4787 13-17yrs 6 Classes \$81 9/8 Th 7:15pm-7:45pm

Wheaton Ice Arena

5478 11-17yrs 6 Classes \$81 9/10 Sa 10:45am-11:15am

Delta All Ages

Wheaton Ice Arena

5394 4yrs&up 6 Classes \$81 9/8 Th 6:45pm-7:15pm

5396 4yrs&up 6 Classes \$81 9/9 F 4:45pm-5:15pm

5399 4yrs&up 6 Classes \$81 9/10 Sa 10:45am-11:15am

5400 4yrs&up 6 Classes \$81 9/10 Sa 5:45pm-6:15pm

5403 4yrs&up 6 Classes \$81 9/11 Su 3:00pm-3:30pm

5391 4yrs&up 6 Classes \$81 9/12 M 4:45pm-5:15pm

5393 4yrs&up 6 Classes \$81 9/14 W 5:15pm-5:45pm

Delta Adult

Cabin John Ice Rink

4789 18yrs&up 6 Classes \$81 9/8 Th 8:45pm-9:15pm

4790 18yrs&up 6 Classes \$81 9/10 Sa 9:30am-10:00am

4788 18yrs&up 6 Classes \$81 9/12 M 11:30am-12:00pm

Wheaton Ice Arena

5477 18yrs&up 6 Classes \$81 9/10 Sa 10:15am-10:45am

Now hiring Part Time Staff

Part-time work is available at Cabin John and Wheaton Ice Rinks for Cashiers and Rink Guards. Training is available. For more information, contact the facility manager at the rink nearest you.



Freestyle

These classes cover the fundamental elements of jumps and spins.

Freestyle 1

Prerequisite Delta. Students will learn backward edges, two-foot spin, waltz jump, forward pivot, and 1/2 flip jump.

Cabin John Ice Rink

4819	5yrs&up	6 Classes	\$135	9/7	W	6:45pm-7:30pm
4822	5yrs&up	6 Classes	\$135	9/10	Sa	10:15am-11:00am
4823	5yrs&up	6 Classes	\$135	9/10	Sa	11:00am-11:45am
4818	5yrs&up	6 Classes	\$135	9/12	M	7:15pm-8:00pm

Wheaton Ice Arena

5498	5yrs&up	6 Classes	\$90	9/8	Th	6:45pm-7:15pm
5505	5yrs&up	6 Classes	\$90	9/11	Su	3:45pm-4:15pm

Freestyle 2

Prerequisite Freestyle 1. Students will learn spirals, 1/2 lutz jump, ballet jump, one-foot spin, and a dance step sequence.

Cabin John Ice Rink

4825	5yrs&up	6 Classes	\$135	9/7	W	7:30pm-8:15pm
4827	5yrs&up	6 Classes	\$135	9/10	Sa	10:15am-11:00am
4828	5yrs&up	6 Classes	\$135	9/10	Sa	11:00am-11:45am
4824	5yrs&up	6 Classes	\$135	9/12	M	6:30pm-7:15pm

Wheaton Ice Arena

5499	5yrs&up	6 Classes	\$90	9/8	Th	6:45pm-7:15pm
5506	5yrs&up	6 Classes	\$90	9/11	Su	3:45pm-4:15pm

Freestyle 3

Prerequisite Freestyle 2. Students learn backward pivots, salchow jump, toe loop jump, back spirals, change foot spin, and dance step sequence.



Moves/Edges

These classes are for the Delta level and higher skater. Classes will cover edge quality, extensions and preciseness of skating movements. USFS moves in the field patterns will also be covered.

Moves/Edges Beginning

Cabin John Ice Rink

4861	8yrs&up	6 Classes	\$135	9/6	Tu	8:00pm-8:45pm
4862	8yrs&up	6 Classes	\$135	9/8	Th	10:00am-10:45am

Wheaton Ice Arena

5475	6yrs&up	6 Classes	\$90	9/8	Th	6:15pm-6:45pm
5476	6yrs&up	6 Classes	\$90	9/8	Th	6:45pm-7:15pm

Moves/Edges Intermediate

Cabin John Ice Rink

4863	8yrs&up	6 Classes	\$135	9/8	Th	9:15am-10:00am
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Moves/Edges Advanced

Cabin John Ice Rink

4864	8yrs&up	6 Classes	\$135	9/6	Tu	8:45pm-9:30pm
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Cabin John Ice Rink

4842	18yrs&up	6 Classes	\$135	9/6	Tu	9:30pm-10:15pm
4839	5yrs&up	6 Classes	\$135	9/10	Sa	10:15am-11:00am
4837	5yrs&up	6 Classes	\$135	9/12	M	8:00pm-8:45pm

Wheaton Ice Arena

5500	5yrs&up	6 Classes	\$90	9/8	Th	7:15pm-7:45pm
5507	5yrs&up	6 Classes	\$90	9/11	Su	3:45pm-4:15pm

Freestyle 4

Prerequisite Freestyle 3. Students will learn flip and loop jumps, sit spin, backward spirals, and dance step sequence.

Cabin John Ice Rink

4843	5yrs&up	6 Classes	\$135	9/10	Sa	11:00am-11:45am
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Wheaton Ice Arena

5501	5yrs&up	6 Classes	\$90	9/8	Th	7:15pm-7:45pm
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Freestyle 5

Prerequisite Freestyle 4. Students will learn lutz and axel jumps, camel and back scratch spins, and dance step sequence.

Cabin John Ice Rink

4846	5yrs&up	6 Classes	\$135	9/10	Sa	11:00am-11:45am
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Wheaton Ice Arena

5502	5yrs&up	6 Classes	\$90	9/8	Th	7:15pm-7:45pm
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Freestyle 6

Prerequisite Freestyle 5. Students will learn split, falling leaf, or stag jump, combination jumps, double salchow, layback, and spin combinations.

Wheaton Ice Arena

5503	5yrs&up	6 Classes	\$90	9/8	Th	7:15pm-7:45pm
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Freestyle 7

Prerequisite Freestyle 6. Students will learn combination jumps, jumps in opposite directions, flying camel spins, and sequenced double toe loops and double toe walleyes.

Wheaton Ice Arena

5504	5yrs&up	6 Classes	\$90	9/8	Th	7:15pm-7:45pm
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Jump & Spin

This specialty class covers specific techniques of jumps and spins in the Freestyle levels. Each class will focus on the needs of the skaters. Participants must be in Freestyle in order to register.

For those in Freestyle 1, 2, or 3

Cabin John Ice Rink

4859	5yrs&up	6 Classes	\$90	9/10	Sa	11:15am-11:45am
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For those in Freestyle 4 or 5

Cabin John Ice Rink

4853	5yrs&up	6 Classes	\$90	9/10	Sa	10:30am-11:00am
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Off Ice Conditioning

This specialty class covers muscle strengthening and jump execution control.

Wheaton Ice Arena

5508	5yrs&up	6 Classes	\$90	9/8	Th	6:45pm-7:15pm
6296	5yrs&up	6 Classes	\$90	9/8	Th	7:15pm-7:45pm

Ice Skating-Hockey

Students will learn the fundamentals of hockey skating and stick handling.
Hockey equipment required. Please contact facility or visit web site for details.

Beginner

Wheaton Ice Arena

5479	5yrs&up	6 Classes	\$81	9/9	F	5:30pm-6:00pm
5480	5yrs&up	6 Classes	\$81	9/10	Sa	10:45am-11:15am

Advanced

Wheaton Ice Arena

5481	5yrs&up	6 Classes	\$135	9/11	Su	9:45am-10:30am
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Hockey 1

Prerequisite Pre-Alpha. The course will cover gliding, swizzles, pivot turns, snowplow stops and beginning stick handling.

Cabin John Ice Rink

4946	8yrs&up	6 Classes	\$81	9/10	Sa	8:00am-8:30am
4947	8yrs&up	6 Classes	\$81	9/11	Su	4:15pm-4:45pm

Hockey 2

Prerequisite Hockey 1. Covers striding, forward crossovers, one-foot snowplow stops, beginning backward crossovers and stick handling.

Cabin John Ice Rink

4948	8yrs&up	6 Classes	\$135	9/10	Sa	9:15am-10:00am
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Hockey 3

Prerequisite Hockey 2. The course will cover forward and backward crossovers, T-stops, V-stops, and Hockey stops and stick handling.

Cabin John Ice Rink

4949	8yrs&up	6 Classes	\$135	9/10	Sa	8:30am-9:15am
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Hockey 4

Prerequisite Hockey 3. The course will cover forward and backward crossovers, edges, passing, basic game play and stick handling.

Cabin John Ice Rink

4950	8yrs&up	6 Classes	\$135	9/10	Sa	8:30am-9:15am
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Hockey Adult

Students learn the beginning fundamentals of Hockey skating including forward and backward crossovers, stops, stick handling and passing.

Cabin John Ice Rink

4951	18yrs&up	6 Classes	\$135	9/7	W	8:15pm-9:00pm
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Parent and Tot Hockey

A great introduction to hockey for parents and their children (ages 3-4). Basic skating and stick handling skills will be covered. Children must have passed Tots 1 or 2 before registering. Please register both parent and child. Course fee is \$40.50 each for parent and child.

Cabin John Ice Rink

4944	3yrs&up	6 Classes	\$81	9/7	W	10:00am-10:30am
4945	3yrs&up	6 Classes	\$81	9/10	Sa	8:30am-9:00am

Mitey Mites Hockey 1

Prerequisite Tots 2 or Pre-Alpha. The course will cover gliding, swizzles, pivot turns, snowplow stops and beginning stick handling.

Cabin John Ice Rink

4888	3-4yrs	6 Classes	\$81	9/6	Tu	5:15pm-5:45pm
4890	3-4yrs	6 Classes	\$81	9/8	Th	4:45pm-5:15pm
4892	3-4yrs	6 Classes	\$81	9/9	F	2:00pm-2:30pm
4893	3-4yrs	6 Classes	\$81	9/10	Sa	10:00am-10:30am
4895	5-9yrs	6 Classes	\$81	9/6	Tu	4:45pm-5:15pm
4896	5-9yrs	6 Classes	\$81	9/8	Th	6:00pm-6:30pm
4899	5-9yrs	6 Classes	\$135	9/10	Sa	9:15am-10:00am

Mitey Mites Hockey 2

Prerequisite Mitey Mites 1. The course will cover striding, swizzles, pivot turns, backward swizzles, beginning forward crossovers, snowplow stops and beginning stick handling.

Cabin John Ice Rink

4932	3-4yrs	6 Classes	\$81	9/9	F	4:45pm-5:15pm
4933	3-4yrs	6 Classes	\$81	9/10	Sa	10:30am-11:00am
4934	4-9yrs	6 Classes	\$135	9/6	Tu	5:45pm-6:30pm
4935	4-9yrs	6 Classes	\$135	9/8	Th	4:00pm-4:45pm
4936	4-9yrs	6 Classes	\$135	9/10	Sa	8:30am-9:15am

Mitey Mites Hockey 3

Prerequisite Mitey Mites 2. Covers striding, beginning forward crossovers, snowplow stops, beginning backward crossovers and stick handling.

Cabin John Ice Rink

4937	4-9yrs	6 Classes	\$135	9/6	Tu	4:00pm-4:45pm
4938	4-9yrs	6 Classes	\$135	9/8	Th	5:15pm-6:00pm
4939	4-9yrs	6 Classes	\$135	9/9	F	5:15pm-6:00pm
4940	4-9yrs	6 Classes	\$135	9/10	Sa	7:45am-8:30am

Mitey Mites Advanced Level 1

Prerequisite Mitey Mites 3. The course will cover forward crossovers, stops, beginning backward crossovers and stick handling with puck.

Cabin John Ice Rink

4941	4-9yrs	6 Classes	\$135	9/9	F	4:00pm-4:45pm
4942	4-9yrs	6 Classes	\$135	9/10	Sa	7:45am-8:30am

Mitey Mites Advanced Level 2

Prerequisite Mitey Mites Advanced Level 1. Covers forward and backward crossovers, passing, basic game play and stick handling.

Cabin John Ice Rink

4943	4-9yrs	6 Classes	\$135	9/10	Sa	7:00am-7:45am
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Skating Tip: Wear a hat and gloves or mittens for protection from cold temperatures or injury from skate blades and rough ice.





Nature Programs for All Ages and All Seasons

Black Hill Visitors Center



Located on the shores of Little Seneca Lake, Black Hill Visitors Center offers some of the most scenic views in Montgomery County. Join our naturalist staff and share in discoveries that range from scenic vistas to local wildlife, geologic formations, and man's historic and prehistoric past. Learn how to kayak, canoe and fish; observe beavers, bats, fish and over 170 bird species on our wildlife pontoon boat cruise; prowl around in search of salamanders, snakes, frogs, and flying squirrels; and view star clusters, meteor showers and nebulae through our telescopes.

Black Hill Visitor Center, Black Hill Regional Park, 20926 Lake Ridge Drive, Boyds, MD 20841 | 301-916-0220 | www.blackhillnature.org

Brookside Nature Center

Nestled within the 536-acres of Wheaton Regional Park and located next to Brookside Botanical Gardens, Brookside Nature Center offers hands on educational experiences for organized groups and the general public. Adults and children alike can learn how to make maple sap into maple syrup, search for frogs and insects, explore streams, and catch a glimpse of meteor showers. The pioneer homestead, wildlife viewing areas, self-guided trail, wheelchair accessible interpretive boardwalk, and native landscape gardens add to the center's uniqueness. On-site exhibits showcase local natural and cultural history.

Brookside Nature Center, Wheaton Regional Park, 1400 Glenallen Avenue Wheaton, MD 20902 | 301-946-9071 | www.brookside.nature.org

Locust Grove Nature Center

Located in the 500-acres of Cabin John Regional Park, Locust Grove Nature Center offers natural and cultural history programs for adults and children of all ages. Come visit our live animal exhibits, join us for an educational nature walk, explore miles of trails through woodlands and meadows, or see what is swimming in Cabin John Creek. Share a story with your child, explore some of nature's treasures in our children's reading area, or follow our self-guided nature trail.

Locust Grove Nature Center, Cabin John Regional Park, 7777 Democracy Blvd., Bethesda MD 20817 | 301-299-1990 www.locustgrovenature.org

Meadowside Nature Center

Located in Rock Creek Regional Park, Meadowside Nature Center offers hands-on natural and cultural history programs for families, schools, and scouts. Join us for a morning on the lake, or a story time on butterflies or box turtles. Experience life on the farm, take a guided night hike through the woods, enjoy our trails, or visit our owls, hawks and American Bald Eagle in our Raptor Aviary. Crawl through a bat cave or look at the world from a fish's point of view in our Legacy of the Land exhibit. Enjoy hands-on exhibits and visit live animals in our Curiosity Corner discovery room and Legacy of the People exhibits.

Meadowside Nature Center, Rock Creek Regional Park, 5100 Meadows Lane, Rockville, MD 20855 301-924-4141 | www.meadowsidenature.org



For more nature program information visit www.parkpass.org



Sample life on the farm, participate in dozens of free activities for the whole family, and enjoy our Farmer's Market!

**Saturday, October 1
11am-4pm**

**Agricultural History
Farm Park**

18400 Muncaster Road,
Derwood, MD 20855

For more information call
301-924-4141

Tennis Classes

Both our facilities, Cabin John and Wheaton Indoor Tennis, offer affordable, year round, private and group tennis lessons for all ages and abilities.

Registration for September classes begins August 15 and registration for October classes begins October 9. No registrations will be processed prior to these dates.

Registrations are accepted in person, by mailing or faxing the registration form to the facility, by phone via our IVR system (301-962-1477), or by internet (www.parkpass.org). See registration form on page 87. Sign up early to ensure best availability.

Beginner

This class is designed for students who have never played tennis. Students will learn warm-up exercises, how to properly grip a racquet and basic stroke technique. Court etiquette will be addressed at this level.

Beginner Youth

Cabin John Indoor Tennis

4735	5-8yrs	6 Classes	\$96	9/13	Tu	5:00pm-6:00pm
4736	5-8yrs	6 Classes	\$96	9/16	F	6:00pm-7:00pm
4737	5-8yrs	6 Classes	\$96	9/17	Sa	11:00am-12:00pm
5683	5-8yrs	6 Classes	\$96	10/25	Tu	5:00pm-6:00pm
5684	5-8yrs	5 Classes	\$80	10/28	F	6:00pm-7:00pm
5685	5-8yrs	5 Classes	\$80	10/29	Sa	11:00am-12:00pm

Wheaton Indoor Tennis

4743	5-9yrs	5 Classes	\$70	9/16	F	4:00pm-5:00pm
6057	5-9yrs	5 Classes	\$70	10/21	F	4:00pm-5:00pm

Beginner Pre-Teen

Cabin John Indoor Tennis

4739	9-12yrs	6 Classes	\$96	9/11	Su	12:00pm-1:00pm
5686	9-12yrs	5 Classes	\$80	10/23	Su	12:00pm-1:00pm

Wheaton Indoor Tennis

4742	8-13yrs	5 Classes	\$70	9/15	Th	3:00pm-4:00pm
6058	8-13yrs	5 Classes	\$70	10/20	Th	3:00pm-4:00pm

Beginner Plus

This student has been through the Beginner class once or twice and has begun to pick up the fundamental hitting skills-grounds, lobs, volleys, serve and overhead skills. The student should also know the basic safety rules, the etiquette, and some of the vocabulary of tennis.

Beginner Plus Youth

Cabin John Indoor Tennis

4746	5-8yrs	6 Classes	\$96	9/11	Su	11:00am-12:00pm
4745	5-8yrs	6 Classes	\$96	9/16	F	5:00pm-6:00pm
4744	5-8yrs	6 Classes	\$96	9/17	Sa	5:00pm-6:00pm
5692	5-8yrs	5 Classes	\$80	10/23	Su	11:00am-12:00pm
5691	5-8yrs	5 Classes	\$80	10/28	F	5:00pm-6:00pm
5690	5-8yrs	5 Classes	\$80	10/29	Sa	5:00pm-6:00pm

Wheaton Indoor Tennis

4756	5-9yrs	5 Classes	\$70	9/16	F	5:00pm-6:00pm
4759	5-9yrs	5 Classes	\$70	9/17	Sa	2:00pm-3:00pm
4760	5-9yrs	5 Classes	\$70	9/18	Su	2:00pm-3:00pm
6064	5-9yrs	5 Classes	\$70	10/21	F	5:00pm-6:00pm
6065	5-9yrs	5 Classes	\$70	10/22	Sa	2:00pm-3:00pm
6066	5-9yrs	5 Classes	\$70	10/23	Su	2:00pm-3:00pm

Beginner Plus Pre-Teen

Cabin John Indoor Tennis

4766	9-12yrs	6 Classes	\$96	9/13	Tu	4:00pm-5:00pm
4767	9-12yrs	6 Classes	\$96	9/17	Sa	6:00pm-7:00pm
6096	9-12yrs	6 Classes	\$96	10/25	Tu	4:00pm-5:00pm
5693	9-12yrs	5 Classes	\$80	10/26	W	6:00pm-7:00pm
5694	9-12yrs	5 Classes	\$80	10/29	Sa	6:00pm-7:00pm

Wheaton Indoor Tennis

4765	8-13yrs	5 Classes	\$70	9/15	Th	5:00pm-6:00pm
4768	8-13yrs	5 Classes	\$70	9/17	Sa	1:00pm-2:00pm
4769	8-13yrs	5 Classes	\$70	9/18	Su	1:00pm-2:00pm
6067	8-13yrs	5 Classes	\$70	10/20	Th	5:00pm-6:00pm
6068	8-13yrs	5 Classes	\$70	10/22	Sa	1:00pm-2:00pm
6069	8-13yrs	5 Classes	\$70	10/23	Su	1:00pm-2:00pm

Beginner Plus Teen

Cabin John Indoor Tennis

4922	13-17yrs	6 Classes	\$96	9/11	Su	4:00pm-5:00pm
5687	13-17yrs	5 Classes	\$80	10/23	Su	4:00pm-5:00pm

Wheaton Indoor Tennis

4770	12-17yrs	5 Classes	\$70	9/17	Sa	4:00pm-5:00pm
4774	12-17yrs	5 Classes	\$70	9/18	Su	5:00pm-6:00pm
6059	12-17yrs	5 Classes	\$70	10/22	Sa	4:00pm-5:00pm
6060	12-17yrs	5 Classes	\$70	10/23	Su	5:00pm-6:00pm

Beginner Plus Adult

Adult beginners start here.

Cabin John Indoor Tennis

4772	18yrs&up	6 Classes	\$96	9/14	W	1:00pm-2:00pm
4773	18yrs&up	6 Classes	\$96	9/17	Sa	9:00am-10:00am
5688	18yrs&up	5 Classes	\$80	10/26	W	1:00pm-2:00pm
5689	18yrs&up	5 Classes	\$80	10/29	Sa	9:00am-10:00am

Wheaton Indoor Tennis

4791	17yrs&up	5 Classes	\$70	9/15	Th	2:00pm-3:00pm
4838	17yrs&up	5 Classes	\$70	9/17	Sa	5:00pm-6:00pm
4796	17yrs&up	5 Classes	\$70	9/18	Su	12:00pm-1:00pm
6061	17yrs&up	5 Classes	\$70	10/20	Th	2:00pm-3:00pm
6062	17yrs&up	5 Classes	\$70	10/22	Sa	5:00pm-6:00pm
6063	17yrs&up	5 Classes	\$70	10/23	Su	12:00pm-1:00pm

Private tennis lessons are available. Call facility for more information.



First Intermediate

Student understands how the game of tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. The service return and approach shots will be added.

First Intermediate Youth

Cabin John Indoor Tennis

4786	5-8yrs	6 Classes	\$96	9/14	W	4:00pm-5:00pm
5657	5-8yrs	5 Classes	\$80	10/26	W	4:00pm-5:00pm

First Intermediate Pre-Teen

Cabin John Indoor Tennis

4793	9-12yrs	6 Classes	\$96	9/12	M	4:00pm-5:00pm
4792	9-12yrs	6 Classes	\$96	9/13	Tu	6:00pm-7:00pm
4795	9-12yrs	6 Classes	\$96	9/14	W	5:00pm-6:00pm
6196	9-13yrs	6 Classes	\$96	9/17	Sa	4:00pm-5:00pm
6197	9-13yrs	6 Classes	\$96	9/17	Sa	12:00pm-1:00pm
5659	9-12yrs	6 Classes	\$96	10/24	M	4:00pm-5:00pm
5658	9-12yrs	6 Classes	\$96	10/25	Tu	6:00pm-7:00pm
5660	9-12yrs	5 Classes	\$80	10/26	W	5:00pm-6:00pm
6198	9-13yrs	5 Classes	\$80	10/29	Sa	4:00pm-5:00pm
6199	9-13yrs	5 Classes	\$80	10/29	Sa	12:00pm-1:00pm

Wheaton Indoor Tennis

4799	8-13yrs	5 Classes	\$70	9/15	Th	4:00pm-5:00pm
4800	8-13yrs	5 Classes	\$70	9/17	Sa	3:00pm-4:00pm
4801	8-13yrs	5 Classes	\$70	9/18	Su	6:00pm-7:00pm
6052	8-13yrs	5 Classes	\$70	10/20	Th	4:00pm-5:00pm
6053	8-13yrs	5 Classes	\$70	10/22	Sa	3:00pm-4:00pm
6054	8-13yrs	5 Classes	\$70	10/23	Su	6:00pm-7:00pm

First Intermediate Teen

Cabin John Indoor Tennis

4803	13-17yrs	6 Classes	\$96	9/11	Su	2:00pm-3:00pm
4802	13-17yrs	6 Classes	\$96	9/13	Tu	5:00pm-6:00pm
5656	13-17yrs	5 Classes	\$80	10/23	Su	2:00pm-3:00pm
5655	13-17yrs	6 Classes	\$96	10/25	Tu	5:00pm-6:00pm

Wheaton Indoor Tennis

4877	12-17yrs	5 Classes	\$70	9/17	Sa	4:00pm-5:00pm
4878	12-17yrs	5 Classes	\$70	9/18	Su	6:00pm-7:00pm
6050	12-17yrs	5 Classes	\$70	10/22	Sa	4:00pm-5:00pm
6051	12-17yrs	5 Classes	\$70	10/23	Su	6:00pm-7:00pm

First Intermediate Adult

Cabin John Indoor Tennis

4804	18yrs&up	6 Classes	\$96	9/13	Tu	1:00pm-2:00pm
4806	18yrs&up	6 Classes	\$96	9/13	Tu	7:00pm-8:00pm
4807	18yrs&up	6 Classes	\$96	9/15	Th	6:00pm-7:00pm
4805	18yrs&up	6 Classes	\$96	9/16	F	11:00am-12:00pm
5663	18yrs&up	6 Classes	\$96	10/25	Tu	1:00pm-2:00pm
5665	18yrs&up	6 Classes	\$96	10/25	Tu	7:00pm-8:00pm
5666	18yrs&up	5 Classes	\$80	10/27	Th	6:00pm-7:00pm
5664	18yrs&up	5 Classes	\$80	10/28	F	11:00am-12:00pm

Wheaton Indoor Tennis

4880	17yrs&up	5 Classes	\$70	9/15	Th	1:00pm-2:00pm
6055	17yrs&up	5 Classes	\$70	10/20	Th	1:00pm-2:00pm



Rent tennis courts on Saturday nights for your team, school, or other group activity. Call the facility for more information.

Second Intermediate

Students are able to hit ground strokes, lobs, volleys, serves, service returns and overheads, and can rally from baseline to baseline for a total of 10 minutes.

Second Intermediate Pre-Teen

Cabin John Indoor Tennis

4812	9-12yrs	6 Classes	\$96	9/15	Th	4:00pm-5:00pm
4813	9-12yrs	6 Classes	\$96	9/16	F	5:00pm-6:00pm
5674	9-12yrs	5 Classes	\$80	10/27	Th	4:00pm-5:00pm
5675	9-12yrs	5 Classes	\$80	10/28	F	5:00pm-6:00pm

Second Intermediate Teen

Cabin John Indoor Tennis

5667	13-17yrs	5 Classes	\$80	10/27	Th	5:00pm-6:00pm
5668	13-17yrs	5 Classes	\$80	10/29	Sa	7:00pm-8:00pm
4820	13-17yrs	6 Classes	\$96	9/15	Th	5:00pm-6:00pm
4821	13-17yrs	6 Classes	\$96	9/17	Sa	7:00pm-8:00pm

Second Intermediate Adult

Cabin John Indoor Tennis

4834	18yrs&up	6 Classes	\$96	9/13	Tu	11:00am-12:00pm
4826	18yrs&up	6 Classes	\$96	9/15	Th	7:00pm-8:00pm
4836	18yrs&up	6 Classes	\$96	9/15	Th	7:00pm-8:00pm
4833	18yrs&up	6 Classes	\$96	9/16	F	10:00am-11:00am
4835	18yrs&up	6 Classes	\$96	9/17	Sa	1:00pm-2:00pm
5671	18yrs&up	6 Classes	\$96	10/25	Tu	11:00am-12:00pm
5669	18yrs&up	5 Classes	\$80	10/27	Th	7:00pm-8:00pm
5673	18yrs&up	5 Classes	\$80	10/27	Th	7:00pm-8:00pm
5670	18yrs&up	5 Classes	\$80	10/28	F	10:00am-11:00am
5672	18yrs&up	5 Classes	\$80	10/29	Sa	1:00pm-2:00pm

Wheaton Indoor Tennis

4885	17yrs&up	5 Classes	\$70	9/18	Su	8:00pm-9:00pm
6056	17yrs&up	5 Classes	\$70	10/23	Su	8:00pm-9:00pm

Third Intermediate

Students should have a thorough understanding of most aspects of tennis including: offensive and defensive shots, rules and strategies to win points, games and matches. This is the highest level for children under 18.

Third Intermediate Pre-Teen

Cabin John Indoor Tennis

4844	9-12yrs	6 Classes	\$108	9/12	M	5:00pm-6:00pm
4845	9-12yrs	6 Classes	\$108	9/17	Sa	10:00am-11:00am
5679	9-12yrs	6 Classes	\$108	10/24	M	5:00pm-6:00pm
5680	9-12yrs	5 Classes	\$90	10/29	Sa	10:00am-11:00am

Third Intermediate Teen

Cabin John Indoor Tennis

4858	13-17yrs	6 Classes	\$108	9/11	Su	6:00pm-7:00pm
4852	13-17yrs	6 Classes	\$108	9/12	M	6:00pm-7:00pm
4860	13-17yrs	6 Classes	\$108	9/16	F	4:00pm-5:00pm
5676	13-17yrs	6 Classes	\$108	10/24	M	6:00pm-7:00pm
5677	13-17yrs	5 Classes	\$90	10/23	Su	6:00pm-7:00pm
5678	13-17yrs	5 Classes	\$90	10/28	F	4:00pm-5:00pm

Third Intermediate Adult

Cabin John Indoor Tennis

6097	18yrs&up	6 Classes	\$108	9/15	Th	8:00pm-9:00pm
6098	18yrs&up	5 Classes	\$90	10/27	Th	8:00pm-9:00pm

Specialty Offerings

Workout Clinic Adult

Workout Clinics are group activities, featuring drills to give players an ultimate, high-energy workout.

Cabin John Indoor Tennis

4872	18yrs&up	6 Classes	\$108	9/11	Su	3:00pm-4:00pm
4871	18yrs&up	6 Classes	\$108	9/13	Tu	12:00pm-1:00pm
5703	18yrs&up	6 Classes	\$108	10/25	Tu	12:00pm-1:00pm
5704	18yrs&up	5 Classes	\$90	10/23	Su	3:00pm-4:00pm

Wheaton Indoor Tennis

4906	17yrs&up	5 Classes	\$80	9/15	Th	12:00pm-1:00pm
4907	17yrs&up	5 Classes	\$80	9/16	F	7:00pm-8:00pm
4908	17yrs&up	5 Classes	\$80	9/17	Sa	9:00am-10:00am
4909	17yrs&up	5 Classes	\$80	9/18	Su	7:00pm-8:00pm
6076	17yrs&up	5 Classes	\$80	10/20	Th	12:00pm-1:00pm
6077	17yrs&up	5 Classes	\$80	10/21	F	7:00pm-8:00pm
6078	17yrs&up	5 Classes	\$80	10/22	Sa	9:00am-10:00am
6079	17yrs&up	5 Classes	\$80	10/23	Su	7:00pm-8:00pm

Advanced Adult

Advanced Students should have a fairly thorough understanding of most aspects of tennis, how the strokes are successfully produced (hitting offensive or defensive shots), rules of tennis, strategy and movement used to win points, games and matches.

Cabin John Indoor Tennis

4867	18yrs&up	6 Classes	\$108	9/16	F	7:00pm-8:00pm
4869	18yrs&up	6 Classes	\$108	9/16	F	8:00pm-9:00pm
5681	18yrs&up	5 Classes	\$90	10/28	F	7:00pm-8:00pm
5682	18yrs&up	5 Classes	\$90	10/28	F	8:00pm-9:00pm

Cardio Tennis

Instructor needs to review player's level of play as a pre-requisite for this class. In person only registrations accepted. Please call ahead. Cardio Tennis is a new, fun, group activity, featuring drills to give players of all abilities an ultimate, high-energy workout. Taught by a teaching professional, Cardio Tennis includes warm-up, cardio workout and cool down phases. If present or new players are looking for a great way to get in shape and to burn calories, this class is a must.

Cabin John Indoor Tennis

4910	All Ages	6 Classes	\$108	9/11	Su	3:00pm-4:00pm
4913	All Ages	6 Classes	\$108	9/11	Su	4:00pm-5:00pm
5695	All Ages	5 Classes	\$90	10/23	Su	3:00pm-4:00pm
5696	All Ages	5 Classes	\$90	10/23	Su	4:00pm-5:00pm



Match Play

Instructor needs to review player's level of play as a prerequisite for this class. In person only registrations accepted. Please call ahead.

Cabin John Indoor Tennis

4923	All Ages	6 Classes	\$108	9/12	M	8:00pm-9:00pm
4924	All Ages	6 Classes	\$108	9/13	Tu	7:00pm-8:00pm
4925	All Ages	6 Classes	\$108	9/13	Tu	8:00pm-9:00pm
4926	All Ages	6 Classes	\$108	9/14	W	7:00pm-8:00pm
4927	All Ages	6 Classes	\$108	9/14	W	8:00pm-9:00pm
5698	All Ages	6 Classes	\$108	10/24	M	8:00pm-9:00pm
5699	All Ages	6 Classes	\$108	10/25	Tu	7:00pm-8:00pm
5700	All Ages	6 Classes	\$108	10/25	Tu	8:00pm-9:00pm
5701	All Ages	5 Classes	\$90	10/26	W	7:00pm-8:00pm
5702	All Ages	5 Classes	\$90	10/26	W	8:00pm-9:00pm

Junior Team Tennis

Instructor needs to review player's level of play as a prerequisite for this class. In person only registrations accepted. Please call ahead.

Cabin John Indoor Tennis

4879	All Ages	6 Classes	\$108	9/11	Su	5:00pm-6:00pm
5697	All Ages	5 Classes	\$90	10/23	Su	5:00pm-6:00pm

Adult Team Tennis

Instructor needs to review player's level of play as a prerequisite for this class. In person only registrations accepted. Please call ahead.

Cabin John Indoor Tennis

6099	18yrs&up	6 Classes	\$108	9/14	W	11:00am-1:00pm
6100	18yrs&up	5 Classes	\$90	10/26	W	11:00am-1:00pm

Parent & Child

This class is designed to teach both parents and children the fundamental skills at a Beginner/ Beginner Plus level, with emphasis on skills and drills that can be continued outside of class. Registration for this class must be done in person. Additional parent or child fee \$45 per person.

Parent & Child Youth

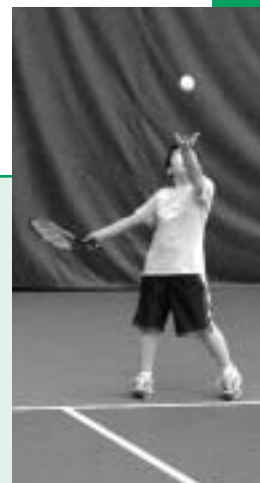
Wheaton Indoor Tennis

4847	5yrs&up	5 Classes	\$95	9/16	F	6:00pm-7:00pm
4850	5yrs&up	5 Classes	\$95	9/17	Sa	11:00am-12:00pm
4851	5yrs&up	5 Classes	\$95	9/18	Su	3:00pm-4:00pm
6073	5yrs&up	5 Classes	\$95	10/21	F	6:00pm-7:00pm
6074	5yrs&up	5 Classes	\$95	10/22	Sa	11:00am-12:00pm
6075	5yrs&up	5 Classes	\$95	10/23	Su	3:00pm-4:00pm

Parent & Child Pre-Teen

Wheaton Indoor Tennis

4866	8-13yrs	5 Classes	\$95	9/15	Th	6:00pm-7:00pm
4868	8-13yrs	5 Classes	\$95	9/17	Sa	12:00pm-1:00pm
4870	8-13yrs	5 Classes	\$95	9/18	Su	4:00pm-5:00pm
6070	8-13yrs	5 Classes	\$95	10/20	Th	6:00pm-7:00pm
6071	8-13yrs	5 Classes	\$95	10/22	Sa	12:00pm-1:00pm
6072	8-13yrs	5 Classes	\$95	10/23	Su	4:00pm-5:00pm





Registration Information

Before You Register

- ☐ Open a ParkPASS account. See facing page for details.
- ☐ Know your Customer Number and Account PIN (given to you when you set up your ParkPASS account)
- ☐ Identify the program information (course number is needed)

Ready To Register?



By Internet

Internet registration is available 24 hours a day starting at 7am on the 1st day of registration. Visit www.parkpass.org to view classes and activities, make a payment, and view your family's current registrations.



In person or by mail or fax

Complete the registration form. You may take the completed registration form in person to any of our ParkPASS facilities. Or you may mail or fax the registration form to the facility where the program is offered (copies are acceptable). Faxed registrations require credit card payment. A listing of the facility addresses, faxes, and phone numbers is on page 71.



By phone

Touch-tone telephone registration is available 24 hours a day starting at 7am on the 1st day of registration. Call 301-962-1477 and follow the prompts.

Questions?

If you have a question about a specific class or activity, call the facility offering the program (see page 71 for facility phone numbers). If you have a question about the ParkPASS system, call our ParkPASS Help Desk, Mon-Fri, 10am-2pm, at 310-495-2580 or email the Help Desk at parkpasshelp@mncppc-mc.org.

Confirmation

Confirmation letters will not be mailed. If a class is full, you will receive a phone call asking if you want to:

- a) be placed on the waitlist,
- b) choose another class, or
- c) cancel your request.

If you wish to confirm your registration, please contact the facility directly using the facility phone number listed on page 71.

Payment Information

- Full payment must be made at the time of registration.
- VISA and MasterCard are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- Financial assistance - A 50% fee reduction on programs is available to eligible Montgomery County residents. See www.parkpass.org for information and application form.
- If you don't want to use a credit card, you may stop by any of our ParkPASS facilities (listed on page 71) and make a payment on your account. Those funds will then be available to you the next time you call or log on to register using ParkPASS.
- Rest assured that your account information is secure. M-NCPPC uses the latest in payment security. Collection and retention of customer information is confidential. We do not give, share, sell, transfer, or rent any personal information to third parties.

Refund Policy

In the event that M-NCPPC cancels a program, you will be notified and receive a full credit or refund. If you withdraw from a program and your written request is received at least 5 business days prior to the start of the program, you may elect to receive a full credit to your ParkPASS account for future programs, or a refund less a 20% Refund Administrative Fee. If your written request is received within 4 days of the start of the program, you will be charged a 20% Refund Administrative Fee for a credit or a refund. If your written request is received on or after the start date of the program, credit will be pro-rated based on the date the request is received and a 20% Refund Administrative Fee will be charged. No refund or credit will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of the program. All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Check refunds may take 3-4 weeks to process. Some activities have different refund/withdrawal policies that supersede this standard policy.

Become a ParkPASS Customer

You must establish a ParkPASS account before you can register for classes or activities.

Complete the form below and return it:

- 1) In person at any facility listed on page 71;
 - 2) On-line at www.parkpass.org; or
 - 3) By mail to: M-NCPPC ParkPASS Help Desk, 9500 Brunett Ave., Silver Spring, MD 20901.
- Allow 2-3 days for on-line and mail requests to be processed.



Main Contact

*Last Name		
*First Name	Middle Initial	
*Birth Date	*Gender	
*Street Address		
*City	State	ZIP Code
*Home Phone	Work Phone	
Cell Phone	*Email	

*Denotes required field.

Additional Family Members

Last Name	First Name	Birth Date mm/dd/yy	Gender M/F
1)			
2)			
3)			
4)			
5)			

Please use a separate sheet if you have more than 5 additional family members or if the additional family members have different addresses or phone numbers.

Program/Activity Registration Form

☐ Check here if new address/phone/e-mail.
Please print. This form may be duplicated. Please use a separate registration form for each facility/location of classes.

Facility/Location of class/activity

Participant's Name Last, First	Age	Birth Date mm/dd/yy	ParkPASS Customer #	Class/Activity Title	Course Number	StartDate	StartTime	Fee

Total Amount Due \$

☐ Check or Money Order payable to M-NCPPC ☐ VISA ☐ MasterCard Card No. _____ Expiration Date _____
Cardholder Name (print) _____ Signature _____ Date _____

☐ Accommodation needed to participate (i.e. sign language interpreter) M-NCPPC encourages and supports the participation of individuals with disabilities.
Please contact the facility at least two weeks in advance of the program start date to request an accommodation.

The participant assumes all risks associated with participation in the program. M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, M-NCPPC encourages each participant to consult his or her physician concerning fitness to participate in the program. Unless otherwise indicated by a parent/guardian in writing at the time of registration, photographs of participants for use in Commission publications may be taken while participating in the program activities. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____